

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



Imagine That!

Archives Available

October 15th 2019: Stressless with MS !

Yvette Brisco, is a Multiple Sclerosis advocate, Health and Wellness Coach, and a working mother with MS. She has developed a successful podcast series: Surviving and Thriving with MS to help others empower themselves to cope, relieve stress and stigma while living with MS. She discusses with our host, Dr. Franco, a psychologist and a MS specialist, how Guided Imagery can be an effective tool to reduce stress and improve healing with auto-immune disorders. A free gift is available to listeners at: <https://www.YvetteBrisco.com/Energetic>

[DOWNLOAD PDF](#)

[GET CODE](#)

Tune in

Archives Available on
VoiceAmerica Health and
Wellness Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Featured Guest



Yvette Brisco

Yvette Brisco is a certified Health Coach specializing in Auto-Immune conditions to reduce or eliminate symptoms and return to an active life. With a background in teaching, an M.S. degree in psychology, and a diagnosis of Multiple Sclerosis, she has answered her core calling to help those who want to take their health into their own hands for better outcomes.

[Read more](#)

Share This Episode

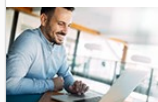
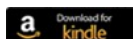
[Share On Facebook](#)

[Share On Twitter](#)

[Share On LinkedIn](#)

Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG